

High Parity and Young Age (AK 34-USDA 333)

Explain to Participant

You're enrolled in the WIC program today because you've had 3 or more pregnancies before the age of 20. Each pregnancy puts an added stress on your body and uses up nutrients stores needed for your growth.

Goal

The goal is to provide you with information about your body's nutritional needs to return to a good nutritional state between pregnancies. Waiting decreases your chances of having a low birth weight baby.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
See your doctor regularly to monitor your pregnancy and the growth of your baby.
Eat 3 meals a day plus 2-3 healthy snacks and take prenatal vitamins daily.
Avoid junk foods, which are generally high in calories and low in nutrition.
Eat a variety of foods from all the food groups every day.
Talk with your health care provider about family planning.
Drink 8 glasses of water every day.

Nutrition Education
Material Suggested

How to Have a Healthier Baby: Tips for Pregnant Teens

Explain Applicable WIC Foods

WIC Foods

Nutrients Provided

Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Eating for Two
Foundation for Fitness... for Your Special Delivery